

New thesis on acute effects of fructose intake in type 2 diabetes

March 18 2020



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Camilla Olofsson from the group Growth and Metabolism will defend her thesis "Diet and postprandial risk markers for complications in type

2 diabetes" on March 20, 2020. Main Supervisor is Neda Rajamand Ekberg.

What's the main focus of your thesis?

The aim of the thesis was to examine the acute effects of fructose (available in [soft drinks](#) as Coca-Cola) and different meal composition on risk markers for complications in type 2 diabetes. Possible changes in fruit, vegetables and juice consumption after a type 2 diabetes diagnosis was also explored.

Which are the most important results?

Drinks with high concentrations of fructose should be avoided. Further, those with type 2 diabetes could be recommended a [diet](#) low in carbohydrates (representing 30% of the meal) with high-quality foods. Only 36% of those with type 2 diabetes fulfilled the recommended ≥ 5 servings of fruit and vegetable per day and there is a need for nutritional education and support in this population.

How can this new knowledge contribute to the improvement of people's health?

Diet is of importance in the treatment of type 2 diabetes. The results can be of use in the treatment and contribute to improved health among those with type 2 diabetes. I also hope it can contribute to further research within the field as it is needed.

What are your future ambitions?

I am working as an analyst at the National Public Health Agency and will continue to do so after I finished my Ph.D. I also wish to continue with research in some way in the future, preferable within the field of

[diabetes.](#)

More information: Diet and postprandial risk markers for complications in type 2 diabetes: [openarchive.ki.se/xmlui/bitstr...
quence=3&isAllowed=y](https://openarchive.ki.se/xmlui/bitstream/handle/11634/111111/1/111111.pdf)

Provided by Karolinska Institutet

Citation: New thesis on acute effects of fructose intake in type 2 diabetes (2020, March 18)
retrieved 22 April 2023 from
<https://medicalxpress.com/news/2020-03-thesis-acute-effects-fructose-intake.html>

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